

SFJ GD10

Deliver interventions towards enhancing health and social well-being



Overview

This standard is about assisting individuals, who might be adults and/or children and young people, to address issues which affect their health and well-being. This includes helping individuals to identify such issues, and to identify and implement actions designed to deal with these issues.

Health and well-being includes general health as well as mental health, sexual health and substance misuse.

There are three elements

- 1 Work with individuals to identify ways of optimising their health and well-being
- 2 Assist individuals in activities designed to enhance their health and well-being
- 3 Liaise with providers of relevant services

Target group

This standard is applicable to those whose responsibilities include working with individuals who are likely to offend, and/or who have offended, to address issues affecting their health and well-being.

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Performance criteria

Work with individuals to identify ways of optimising their health and well-being

You must be able to:

- P1 gather and assess relevant information regarding the individual's personal circumstances, health and well-being, and related needs
- P2 explain accurately to the individual your role and organisation, and the services and support available
- P3 explore with individuals the factors that impact upon their health and well-being, including their relevant beliefs and preferences, and identify their priorities in relation to their health and well-being
- P4 identify protective factors which contribute to and enhance desistance from problematic or offending behaviour
- P5 challenge any attitudes and beliefs that may adversely impact upon their health and well-being, whilst acknowledging their right to make their own decisions
- P6 identify and agree aspects to be addressed in enhancing the health and well-being of the individual, and encourage the individual to recognise the likely benefits
- P7 explore with the individual options to address their needs, and check that
 - P7.1 these are relevant and feasible for the individual
 - P7.2 they consider both risk and protective factors
- P8 consider appropriate options that take note of the individual's
 - P8.1 age
 - P8.2 level of maturity
 - P8.3 sexual orientation
 - P8.4 gender
 - P8.5 social, ethnic and cultural background
 - P8.6 family if relevant
- P9 explore options and associated risk and protective factors, that will encourage the individual to consider the impact on their daily life
- P10 identify any concerns or potential obstacles in progressing the options, assessing how these might be addressed
- P11 provide relevant advice to individuals
- P12 encourage and allow the individual to make an informed choice of the options preferred, check that the options are capable of being implemented and that the individual is committed to its realisation
- P13 communicate at a pace and level appropriate to the individual that is free from discrimination and oppression, and encourage questions and check for understanding
- P14 maintain accurate records of your findings and your discussions

Assist individual in activities designed to enhance their health and well-being

You must be able to:

- P15 review the appropriate activities and support, including coaching,

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- counselling, information provision and access to relevant healthcare services, and agree the most relevant ones with the individual
- P16 assist the individual to prepare and agree a plan which identifies realistic goals, actions and timescales for progressing the agreed option, together with any support which they may require
 - P17 agree with the individual how progress against the plan will be reviewed
 - P18 assist individuals to access appropriate support, and to progress agreed activities to maximise their independence
 - P19 maintain contact with individuals to a level which offers the amount of support agreed and which is necessary
 - P20 facilitate individuals to evaluate and provide feedback on their progress, recognising achievements and addressing any setbacks
 - P21 acknowledge the individual's right to change their minds and to consider amended or alternative approaches
 - P22 obtain the informed consent of the individual about how information might be shared, and who with
 - P23 make relevant parties aware of the plans, activities and associated rationale, as well as any subsequent amendments
 - P24 maintain records and confidentiality in line with legislative and organisational requirements

Liaise with providers of relevant services

You must be able to:

- P25 discuss with relevant providers of healthcare services the relevant circumstances and needs of individuals
- P26 enable providers to understand the factors affecting the motivation and behaviour of the individuals
- P27 provide relevant information and advice about how best the providers can support and work with the individual
- P28 challenge discrimination, if it occurs
- P29 provide accurate answers to questions
- P30 maintain contact with providers to a level which enables any issues to be identified, taking the appropriate action within required timescales where issues occur
- P31 request feedback from providers on progress and effectiveness, including progress by the individual against their goals
- P32 communicate with providers professionally, recognising their role as partners in the process
- P33 maintain accurate records, and keep relevant parties informed of progress and outcomes
- P34 maintain confidentiality in line with statutory and organisational requirements

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Knowledge and understanding

You need to know and understand:

- K1 legislation and guidelines of effective practice, including their local, social and political context, relevant to your role and the impact of these on the work undertaken
- K2 the role of your organisation, and its services, and how they relate to those of other organisations and services in the justice and in the healthcare sector
- K3 the principles of effective equality, diversity and anti-discriminatory practice
- K4 your organisation's policy and procedures regarding confidentiality of information and the disclosure of information to third parties, and the specific circumstances under which disclosure may be made
- K5 the relationship of confidentiality to individual rights, the grey areas surrounding confidentiality and the tensions which may exist between an individual's rights
- K6 the meaning of informed consent
- K7 factors affecting the behaviour of individuals, including their physical, social, psychological and emotional development
- K8 the effect of parenting and families on individuals in relation to their ability to form other relationships
- K9 the impact of the broader social environment on individuals, including areas of material deprivation, crime and the fear of crime, poor housing and poverty
- K10 the effect of the physical environment on health and well-being, including the impact of being held in secure environments
- K11 the inter-relationship between the overall context in which individuals live and their health and well-being
- K12 the nature of special needs and your role in working with individuals with such needs, and how these may affect the nature and form of support which is needed
- K13 the nature of illness, including the impact which illness may have on an individual's health and well-being as a whole, and your role in working with those with different kinds of illness
- K14 the interventions which are used to manage illness and the effect of these on overall health and well-being, including the potential affect of medication
- K15 the nature of the health and social care sector and the roles and functions of the principal agencies within it, how to access such services, including registration with general practitioners
- K16 referral routes between different parts of the healthcare sector and between different practitioners and when these can be challenged and altered in the interests of individuals
- K17 the range of assessment methods which may be applicable for

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- assessing the individual's needs
- K18 the different fears and concerns which individuals may have about health care services and how to recognise and respect these, whilst at the same time being honest and open with those concerned
- K19 holistic concepts and approaches to health and social well-being
- K20 living practices and behaviours which are legal and illegal, and your role in relation to these in terms of disclosure
- K21 the boundary between legal and illegal drugs
- K22 people's rights to make decisions about their health and determine the issues which are of importance to them
- K23 why it is important for the individual to control the progress and content of discussions and how to make suggestions and offer advice supportively without being directive
- K24 why it is important to be non-judgmental about the ways that individuals choose to live and the choices that they have made
- K25 why it is important to help individuals consider the effects of their choices on others and methods of doing this
- K26 why it is important to create an honest and professional relationship with individuals and how this can be achieved
- K27 how culture, beliefs and preferences can affect an individual's willingness to discuss issues and the strategies which may be used to encourage this
- K28 strategies for encouraging individuals to discuss issues openly and honestly
- K29 how to respect and acknowledge others' priorities in relation to their health and social well-being and their right to refuse advice and information
- K30 the range of support groups and services available locally, sources of further information about them and what they do, and how they can be accessed
- K31 your role and responsibilities and from whom assistance and advice should be sought when necessary

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Additional Information

Glossary

Desistance

Desistance from crime refers to the long-term abstinence from criminal behaviour among those for whom offending had become a pattern of behaviour. Some see desistance as a permanent cessation of offending over several years, whilst others take an arguably more fluid definition of desistance, accepting that episodes of re-offending may occur.

(McNeill et al, 2012)

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